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Sunrise Senior Center 10650 W. Oakland Park Blvd. Sunrise, FL 33351

CURRENT RESIDENT OR



March/April 2013

10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

Special Features

The Senior Center is closed on Saturday and Sunday.

Time Date Day(s)

Register Fee

CARFIT

3/15

10:00 am - 2:00 pm

Now Free

Trained professionals lead drivers through a 12-point checklist with your vehicle, recommend car adjustments and adaptations, and offer community specific resources and activities that could make your car "fit" better or enhance your safety. This is part of our **Senior Safety Series.** This event will be held in the Civic Center Theatre Parking Lot.

Pajama Party Social 1:30 pm - 3:00 pmNow \$5/\$7 Join us for a Rockin' Pajama Party, pillow fights & dancing alright. We'll be making a scene playin' all those fifties songs with live entertainment & interactive games! Pizza, soda pop, & popcorn will be on the menu. Don't miss out! #380822A

Home Safety

F

10:00 am -11:00 am Free Call to

sign up

Brianne Fearon from Sunrise Fire Rescue will be covering topics such as learning what to do if a kitchen fire should occur. Learn other precautions to take in your home to protect yourself from falls and other hazards in your home. Healthy Life Therapy & Rehab Center will be providing free balance screenings during the session.

Lunch Bunch

11:30 am - 12:30 pm

3/1 \$5/\$7

Enjoy 2 kosher hotdogs with the fixings, chips & soda. Enjoy lunch with your friends before your afternoon activities. #480807A

The Magic of Spring

4/12

TH

1:30 pm - 3:00 pm

\$5/\$7

Abracadebara, it's magic. Together we can make our food disappear & enjoy the best excitement around. Tuna & egg salad will be served upon a bed of spring greens.

Don't miss out! #480822A

Mayo De Nueve Social

TH

1:30 pm - 3:00 pm

4/5

\$5/\$7

This is our version of Cinco de Mayo. Make your own burritos & dance the Cumbia to the live sounds of Mexico. #480822B



Bunco Party 5/16 TH 1:30 pm - 3:00 pm 4/5 \$5/\$7 Take your chance to win prizes while playing an easy dice game. Light refreshments will be served.



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 9:30 am Tai Chi	9:00 am - 9:30 am Tai Chi	9:00 am-9:30 am Tai Chi	9:00 am-10:00 am Beginners Line Dancing	9:00 am - 9:30 am Tai Chi
9:30 am-11:00 am Beginners Painting 9:30 am - 10:30 am Walk Your Way to Health 9:30 am - 12:00 pm Open Gametime 11:00 am (Start Time) Classic Movies 12:30 pm - 2:30 pm Intermediate Beading 1:00 pm-2:30 pm Spanish Class 2:00 pm - 4:00 pm Monday Dance Mixer (No dance 3/25) (A current Sunrise Senior Cen membership card must be shor for entrance to the dance)	1:00 pm - 3:00pm	9:00 am-12:00 pm Bowling League -Strikers Lanes 9:30 am - 10:30 am Walk Your Way to Health 12:30 pm - 3:00 pm Conversational English 12:30 pm - 3:30 pm Bridge Open Play 1:00 pm-3:00 pm Intermediate Computers 1:30 pm-3:30 pm Advanced Painting 2:30 pm - 4:00 pm Social Connection (No meeting 3/20) 6:00 pm-8:00 pm Women's Bocce Nob Hill Soccer Club Park	9:30 am - 11:00 am Bereavement Support Group 9:30 am-10:00 am Pen Pal (1st Thur. only) 10:00 am - 11:00 am Coupon Club & Gardening Club 10:00 am - 12:00 pm Line Dancing 10:00 am - 1:00 pm Free Eyeglass Repair 12:30 pm - 3:30 pm Open Gametime 1:00 pm-2:30 pm ESOL	9:30 am - 10:30 am Stretch & Hand Weight Training 10:00 am - 12:00 pm Chess Club 10:00 pm - 12:00 pm Conversational English 1:00 pm - 2:30 pm Choral Group 1:00 pm-2:30 pm Bingo 1:30 pm-3:30 pm Intermediate Painting
	Advanced Beading	Z EVENINCS		
6 - 9 p.m. Open 6:30 - 8:30 p.m. Comp	Release Movies Game Room, Woodcarving & Dart I uter Class Sh Dancing	League 3rd Tuesday Sunrise	e Latin Social Club e Orchid Society can Legion Post 365	SPRing



Trip & Ticket Policies [ADMIT]



No tickets will be sold before the published sale date. Sales commence at 8:30 **a.m.** Current I.D. cards must be presented for any transaction.

Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. Both tickets will be charged the member rate.

*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.

*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person per event regardless member/guest status.

When purchasing tickets, please indicate the full name, **birth date and phone number** of your guest.

Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.

If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster. In the event of a trip cancellation a refund will go to the original buyer unless we have the new buyers information.

If you require wheelchair accommodations for a trip, you must inform us at sign up time. (Be sure this is noted on your registration form)

When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.

Trips departing before 3:30 p.m. leave from the Civic Center east parking lot

A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.

Please occupy the same bus seat on the way to and from an event.

Refund Policy: The City reserves the right to retain fees to cover expenses nonrefundable to the City.

	Monday Classic Mov	ies – 11	1:00 A	\mathbf{A}	<i>ine</i>	MC	Vies	Tuesday N	New I	Release Movies – 12:00 no	on
3/4	Old Acquaintance Bette Davis, Miriam Hopkins	1943 110 min.	4/8	Wife vs Secretary Jean Harlow, Myrna Loy	1936 87 min.	3/5	The Bourne Legacy Jeremy Renner, Rachel Weisz	PG-13 215 min.	4/9	Won't Back Down	PG
3/11	China Seas Jean Harlow, Clark Gable	1935 87 min.	4/15	Jezebel Bette Davis, Henry Fonda	1938 105 min.	3/12	The Words Bradley Cooper, Jeremy Irons	PG-13 152 min.	4/16	Viola Davis, Maggie Gyllenhaal The Paperboy	121 min. R
3/18	Sabrina Humphrey Bogart, Audrey Hepburn	1954 113 min.	4/22	Ruthless People Danny DeVito, Bette Midler	1986 93 min.	3/19	To Rome with Love Woody Allen, Alec Baldwin	R 152 min.	4/22	Zac Efron, Matthew McConaughey	147 min.
3/25	Till the Clouds Roll By June Allyson, Judy Garland	1942 132 min.	4/29	The Shootist	1976	3/26	Flight	R	4/23	Here Comes the Boom Kevin James, Salma Hayek	PG-13 145 min
4/1	Sleepless in Seattle Tom Hanks, Meg Ryan	1993 105 min.		John Wayne, Lauren BaCall		4/2	Denzel Washington, Don Cheadle Taken 2	218 min. PG-13	4/30	Seven Psychopaths Collin Farrell, Christopher Walkin	R 110 min.
	* New Release Movie Titles are su	ubject to c	hange. Pl	ease call for details.			Liam Neeson, Famke Janssen	92 min.			

Social Services & Wellness Programs

The City of Sunrise provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For more information, contact the social worker at 954-746-3670.

Program	Date (s)	Day	Time	Fee	Registration		
Emergency Food Pantry	Ongoing	TU TH	mornings afternoon	Free Free	Call for Appt. Call for Appt.		

The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appt. only & must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.

Bereavement Weekly TH 9:30 am-11:00 am Free Ongoing **Support Group**

This group is facilitated by a professional grief counselor, and is a valuable source of support for those dealing with grief and mourning.

Free Eyeglass Repair Weekly TH 10:00am- 1:00 pm Free Ongoing Get free help repairing your eyeglasses by Leonard Falitz, a licensed optician. He will help repair with nose pads, screws, and minor frame adjustments. He is located in the lobby at the Senior Center

Blood Pressure Check 3/8. 4/12, 5,10 F 10:30 am-11:30 am Free Walk-ins welcome (Sunrise Fire/Rescue)

Property Tax 3/8. 4/12 5,10 F 10:00 am-11:30 am Free Walk-ins welcome **Exemption Assistance**

Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; SS# numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.

Veteran's Advisor 3/8. 4/12 510 F 9:00 am-12:00 pm Free Walk-ins welcome Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors, regardless of age or other status. Services are focused on attainment and maintenance of self-sufficiency. Services include: referral and linkage & benefits and claims processing.

Free Income Tax 3/6 - 4/11 W 9 am-12:30 pm Free Call to schedule appointment Preparation TH 12 pm- 4 pm

IRS certified volunteers will assist taxpayers whose income does not exceed \$49,000. APPOINTMENT ONLY. Call the Sunrise Senior Center to sign up.

First Aid/ CPR 3/8 F 10:00am – 11:00am Free Call to sign up
Breanne Fearon from Fire Rescue will be covering topics such as first aid, medical emergencies, calling 911, choking and CPR. Learn how to care for yourself if an emergency should arise.

Medication Wisdom 5/10 F 10:00 am -11:00 am Free Call to sign up Using & Misusing Lecture

Patrick Cavanaugh, Public Education Coordinator, Broward Co. Elderly & Veterans Services Division will be speaking about the use and misuse of medication. This is a lecture and dialogue about wellness and prevention outlining the causes, effects and prevention of medication misuse.

The above programs take place at the Sunrise Senior Center, 10650 West Oakland Park Boulevard.

Senior Trips

Диодиот	Data(s)	David	Time	Eas	Dиодиста
Program	Date(s)	Day(s)	Time	Fee (Members,	Program Non Members)
February Ticket Sale - Call for av	ailability				
Hard Rock Casino Be sure to have your players club coucher package. Must bring a valid					380826B 5 free play & \$5 food
Billy Swamp Safari Explore the Everglades in amazing own bagged lunch or eat in the café		TU amp buggy t	8:45 am – 3:00 pm our, airboat ride, rep	\$44/\$46 tile show & critte	380824A er show. Bring your
Tour of the Redlands Start the day at Knaus Berry Farm a you will tour the beautiful grounds Schnebly Winery for a guided tour we will be stopping by Robert is Ho	& see some of the & tasting. Afterw	e most beau ards enjoy y	tiful orchids being gr our bagged lunch ur	own. Afterwards der the tiki. To f	it's off to the inish off the afternoo
Schakolad Chocolate Factory The sweet days are still to come! Jo chocolate design, chocolate dipping own in the Davie Plaza.	4/4 in us for a trip to & lollipop makin	TH Schkolad tong and creat	10:15 am – 3:00 pm b learn about various e your own sweet tre	types of chocolat	480851A te, cupcake making, enjoy lunch on your
March Ticket Sale – 3/1 Member	es; 3/8 Non-Mem	bers			
Miami Seaquarium See shows & explore the Seaquariu pace. See the high-flying antics of bottlenose			•	•	480843A otion at your own
Tatiana Restaurant & Club	4/14	SU	5:45 pm – 11:00 pm		480838A
Join us for this popular Las Vegas /					
Isle Casino Be sure to have your player's card a photo ID day of the trip, packages a			8:45 am – 3:00 pm urchase in order to re	\$5/\$7 ceive the \$10 free	480826A e play. Must bring a
<u>April Ticket Sale</u> – 4/5 Members;	4/12 Non-Memb	oers			
Morikami Morikami Museum and Japanese G gardens inspired by a different histo Japanese culture through world-class	orical period and s	style of Japa	nese gardening. Exp	perience tradition	al and contemporary
Hollywood Beach Concert Enjoy live music & dancing beachs	5/15	W	6:15 am – 10:00 pm	n \$5/\$7	480842A

ΤH

Participants will receive \$15 free play. On day of ticket purchase be sure to have your player's club card # available to

9:15 am - 3:00 pm

\$5/\$7

480826B

Coconut Creek Casino

5/23

receive the package. You must bring a valid photo ID day of the trip, packages are subject to change.

March/ April Classes & Programs

	Date(s)	Day(s)	Time	Register On	Fee	Program#	Program Exercise Classes	Date(s)	Day(s)	Time	Register On	Fee	Program#
	Bring a check 3/20 – 3/21	k to class mad W&TH	de payable to AARP. (Fee 9:00 am – 1:00 pm	es - \$12 AARP Me Call for space		4 Non- Members) 14 380853C	Tai Chi			to improve your balar 4 students per class.)	ice and help preven	t falls. Senior	Center membership i
	$\frac{3}{20} - \frac{3}{21}$ $\frac{4}{17} - \frac{4}{18}$	W&TH	9:00 am – 1:00 pm	3/5		14 480853A		Mar	T/F	9:00 am - 9:30 am	2/6	Free	380858E
				3/3 4/2				Mar	M/W	9:00 am - 9:30 am	2/6	Free	380858F
	5/15—5/16	W&TH	9:00 am – 1:00 pm	4/2	\$12/\$	14 480853B		Apr	T/F	9:00 am - 9:30 am	3/6	Free	480858A
•	3.6 1 1	11.11.0	41 ' 4 TO	. 1 1 .	1 2/1	T , ,		•	M/W	9:00 am – 9:30 am	3/6	Free	480858B
			m the instructor. Please s					Apr	T/F	9:00 am - 9:30 am	4/3		
			Center membership requi		_			May			4/3	Free	480858C
	3/5 - 3/26	TU	10:00 am - 12:00 pm		Free	380814C		May	M/W	9:00 am - 9:30 am	4/3	Free	480858D
	4/2 - 4/30	TU	10:00 am – 12:00 pm	3/5	Free	480814A	Aerobics	Senior Cente	er member	ship is required. (Max	24 students ner cl	ass) Higher ac	rtivity level than Fri
	5/7 - 5/28	TU	10:00 am – 12:00 pm	4/2	Free	480814B	Actobics	Mar	TU	9:30 am -10:30 am	2/6	Free	380857C
									TU	9:30 am - 10:30 am		Free	480857A
ntermediate	Materials list	available fro	m the instructor. Please s	stop by a class to sp	eak with	Instructor		Apr					
			Center membership requi					May	TU	9:30 am—10:30 am	4/3	Free	480857B
	3/4 - 3/25	M	12:30 pm - 2:30 pm	2/5	Free	380812C		3.6		0.20 10.20	216		2000566
	4/1 - 4/29	M	12:30 pm - 2:30 pm	3/5	Free	480812A	Senior Fitness	Mar	F	9:30 am – 10:30 am		Free	380856C
	5/6 - 5/20	M	12:30 pm – 2:30 pm	4/2	Free	480812B		Apr	F	9:30 am – 10:30 am		Free	480856A
	270 2720	171	12.50 pm 2.50 pm	., 2	1100	1000122		May	F	9:30 am—10:30 am	4/3	Free	480856B
			m the instructor. Please s Center membership requi				Language Classes	, –	_	ents the Spanish & E	SOL classes are ava	ailable only to	Sunrise Residents o
	3/5 - 3/26	TU	1:00 pm – 3:00pm	2/5	Free	380805C	D:	the age of 62		1.00 2.20	2/7	F	400021 4
	4/2 - 4/30	TU	1:00 pm - 3:00 pm	3/5	Free	480805A	Beginners Spanish	4/1 - 5/20	M	1:00 pm - 2:30 pm	3/7	Free	480821A
	5/7 - 5/28	TU	1:00 pm – 3:00 pm	4/2	Free	480805B	ESOL- English as a S			1.00	2.17		4000154
	3/7 - 3/20	10	1.00 pm – 3.00pm	4/2	TICC	400003D		4/4-5/23	TH	1:00 pm - 2:30 pm	3/7	Free	480817A
			ad the book, examine & d	liscuss the story wi	th a frienc	lly group of new	Conversational	2/12 5/1	***	12.20	0.15	_	
	friends. Light	t refreshment	s served. Call to sign up.				English	3/13 - 5/1	W	12:30 pm - 3:00 pm		Free	
Killing Lincoln"	friends. Light	t refreshment F	s served. Call to sign up. 11:30 am-12:30 pm	now	Free		This program is for ingroups weekly, for 8-v	3/15 - 5/3 dividuals who	F are interest	10:00 am - 12:00pm ted in improving their	n 2/6 English speaking s	Free kills. Meet one	
Killing Lincoln" By Bill O'Reilly The Art Forger"	•	f refreshment F F	G 1	now	Free Free		This program is for inc	3/15 - 5/3 dividuals who weeks. Speak	F are interest with a volu	10:00 am - 12:00pm ted in improving their inteer who will talk w	n 2/6 English speaking s	Free kills. Meet one	
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Killing Lincoln" y Bill O'Reilly The Art Forger" y B.A. Shapiro	4/26	F	11:30 am-12:30 pm				This program is for inc groups weekly, for 8-v tion skills. Sign up at t	3/15 - 5/3 dividuals who weeks. Speak the front desk r	F are interest with a volumow for you	10:00 am - 12:00pm ted in improving their inteer who will talk w ur appointment time.	n 2/6 English speaking s ith you in English o	Free skills. Meet one & help you imp	prove your commun
Killing Lincoln" by Bill O'Reilly The Art Forger" by B.A. Shapiro Chess Club	4/26 5/24 Weekly	F F	11:30 am-12:30 pm 11:30 am-12:30 pm 10:00 am-12:00 pm	now Walk-in	Free Free	and matches	This program is for inegroups weekly, for 8-v tion skills. Sign up at t	3/15 - 5/3 dividuals who weeks. Speak with the front desk the Students will required for	F are interest with a volument for your for your labelimite all levels.	10:00 am - 12:00pm ted in improving their inteer who will talk w ur appointment time. d to attending 2 painti	n 2/6 English speaking s ith you in English o	Free skills. Meet one & help you imp	prove your commun
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